

# [PDF] Craving: Why We Can't Seem To Get Enough

Omar Manejwala - pdf download free book

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**Books Details:**

Title: Craving: Why We Can't Seem to

Author: Omar Manejwala

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## Description:

### Review

“The author lucidly explains the neurological changes that occur when cravings give way to addiction, and he offers practical ways to deal with and resist temptation.”

- **Publishers Weekly**

“A SOLID book. It’s filled with good science, which I find both illuminating and reassuring. It’s filled with concrete, positive suggestions for addressing the issues of craving. It’s also compassionate at its core. It’s like, Give yourself a break. There are reasons you do this stuff, and it’s not your fault, but it’s not helping you, so here are some good tools that can give you a way out.”

□ **foodfoodbodybody.com**

“This book will help addiction professionals be better able to explain cravings and addiction to patients. Anyone who has ever tried to squelch a craving — unsuccessfully — by willpower alone will be interested in this book.”

- **Jana Burson, M.D.**, Board Certified in Addiction Medicine and Internal Medicine  
Medical Director, Stepping Stone of Boone, Author *Pain Pill Addiction: a Prescription for Hope*.

*“This compassionate book is highly recommended for anyone struggling with cravings or addictions of any type, as a first step on the road to recovery.”*

-**San Francisco Book Review**

*“Inspiring, practical, and insightful for individuals considering or participating in a recovery program.”*

— **Library Journal**

**About the Author** Omar Manejwala, M.D., is the senior vice president and chief medical officer of Catasys in Los Angeles, California, and is the former medical director at Hazelden Foundation. Dr. Manejwala is a transformative public speaker and appears frequently in the national media to address the topic of addiction.

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